

# Attachment K

## Preparation of Oral Rehydration Solution

### Rehydration solution for dehydrated patients

To be added to one quart of water:

1 level teaspoon salt\*

8 teaspoons sugar

### Maintenance fluids (daily use)

To be added to one quart of water:

1/2 teaspoon lite\* salt

1/2 teaspoon salt

8 teaspoons sugar

The mixture of salt and sugar will be put in small baggies, sealed and carefully labeled and stored for use.

If pre-mixing the solution, make sure hands are carefully cleaned and gloved and mixing containers are clean.

\* 1 teaspoon table salt = 2,300 mg (100 mEq) sodium

\*\* 1/2 teaspoon Morton's Lite Salt = 600 mg (26 mEq) sodium and 720 mg (18 mEq) potassium

Note: Normal Saline IVF=154 mEq Sodium per liter